



2025 Rod McCravy Memorial Invitational

January 10 -11, 2025

FINAL SCHEDULE as of 01.08.2025

Friday, January 10th

Field Events

12:00 pm - **High Jump** – Women
12:00 pm - **High Jump** – Men
12:30 pm - **Long Jump** – Women
following women – Men's Long Jump
1:00 pm - **Weight Throw** – Women
following women – Men's Weight Throw
3:30 pm – **Pole Vault** - Women

Track Events

3:00 pm - **60 meters** – Women – First Round
3:20 pm - **60 meters** – Men – First Round
3:50 pm – **60m Hurdle** – Women –First Round
4:05 pm - **300 meters** – Women
4:20 pm - **300 meters** – Men
4:35 pm - **600 meters** – Women
4:50 pm - **600 meters** – Men
5:10 pm – **200 meters** – Women
6:00 pm – **200 meters** – Men
6:30 pm – **1,000 meters** – Women
6:40 pm – **1,000 meters** – Men
6:50 pm – **Distance Medley** - Women
7:00 pm – **Distance Medley** - Men

Saturday, January 11th

Field Events

11:00 am - **Shot Put** – Women
following women – Men's Shot Put
11:00 am - **Triple Jump** – Women
following women – Men's Triple Jump
1:00 pm – **Pole Vault** - Men

Track Events

12:00 pm - **60 meters** – Women – Semifinal
12:10 pm - **60 meters** – Men – Semifinal
12:25 pm – **60m Hurdle** – Women – Semifinal
12:35 pm – **60m Hurdle** – Men – Prelims
12:50 pm - **60 meters** – Women – Final
12:55 pm - **60 meters** – Men – Final
1:05 pm - **60m Hurdle** – Women – Final
1:10 pm - **60m Hurdle** – Men – Final
Track will raise
1:25pm – **Mile** – Women
1:40 pm – **Mile** – Men
1:55 pm - **400 meters** – Women
2:20 pm - **400 meters** – Men
2:50 pm - **800 meters** – Women
2:55 pm - **800 meters** – Men
3:05 pm - **3,000 meters** – Women
3:20 pm – **3,000 meters**– Men
3:40 pm - **4x400m Relay** – Women
4:05 pm - **4x400m Relay** - Men